

A special thank you to the farmworkers and outreach workers in Robeson County, N.C.



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Photography, design, and text by Sumner Mitchell
Translation by Mercedes Hernández-Pelletier
Edits by Elizabeth Freeman Lambar

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For additional copies, contact:

**Migrant Health Specialist
NC Primary Health Care Association
(919) 297-0066**

or

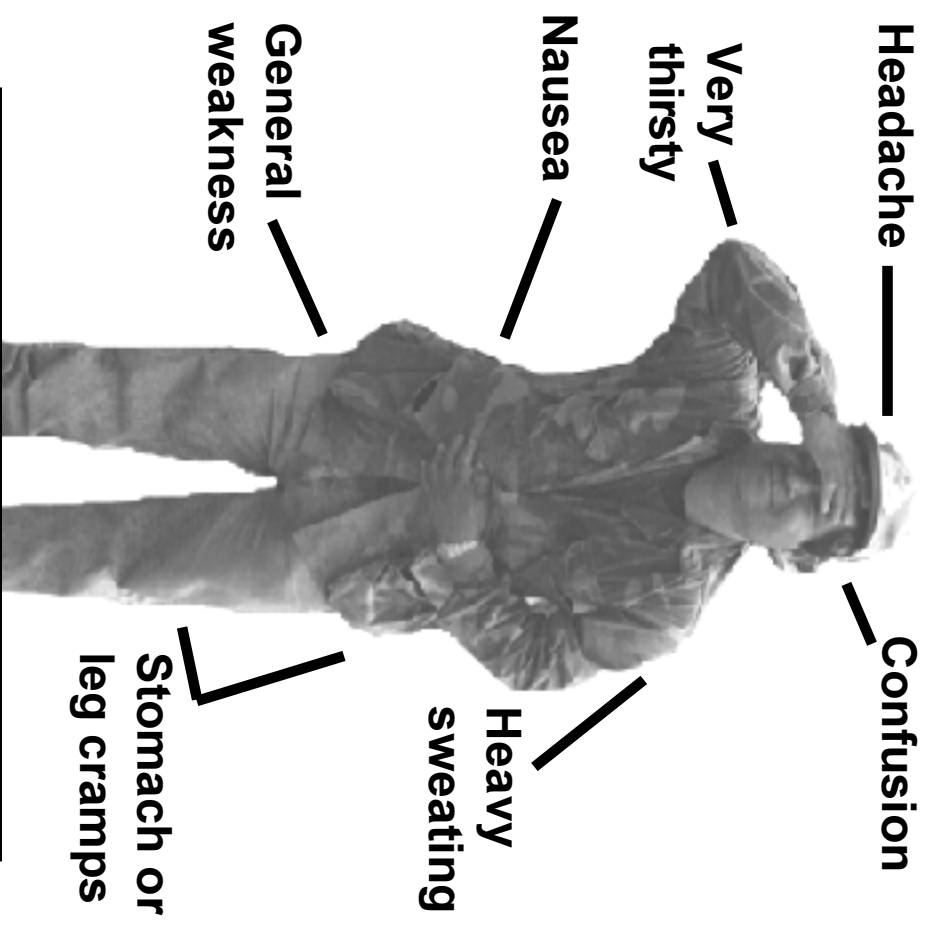
**NC Farmworker Health Program
(919) 715-7626**



Danger under the Sun
Protect Yourself - Drink Water!



Early heat stroke or heat exhaustion can rapidly turn into heat stroke. It is important to learn the early symptoms of heat exhaustion.



Dedicated to:

***Aparicio,
Carmelo,
and
Porfirio***

Recent victims of heat stroke in
North Carolina

August 2001

If you have these symptoms, you should:

- 1. Stop working.**
- 2. Get in the shade or under a tree.**
- 3. Take off or loosen clothing.**
- 4. Drink a lot of water.**
- 5. Cool off.**

If you feel worse, get help.

A few days later while planting.....



It's so hot!
Do you want
some water?

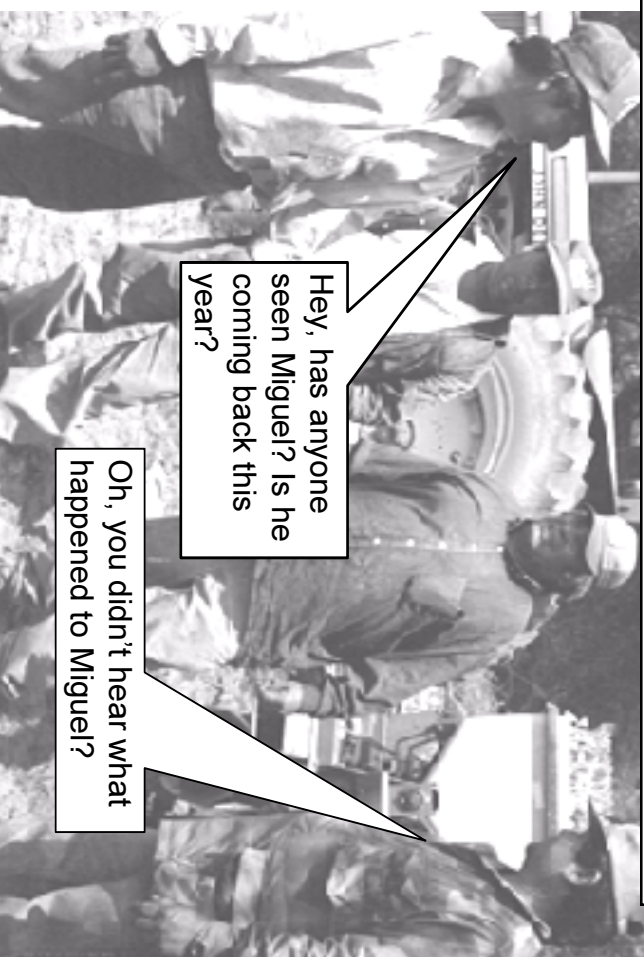
No, I feel fine.

Are you sure? You don't
want to get sick like Miguel,
do you? Drink some water.

Yeah, I better drink some
water. Thanks for looking out
for me and my family.

THE END

*It is the beginning of the growing season, and old friends
haven't seen each other since last year.....*



Hey, has anyone
seen Miguel? Is he
coming back this
year?

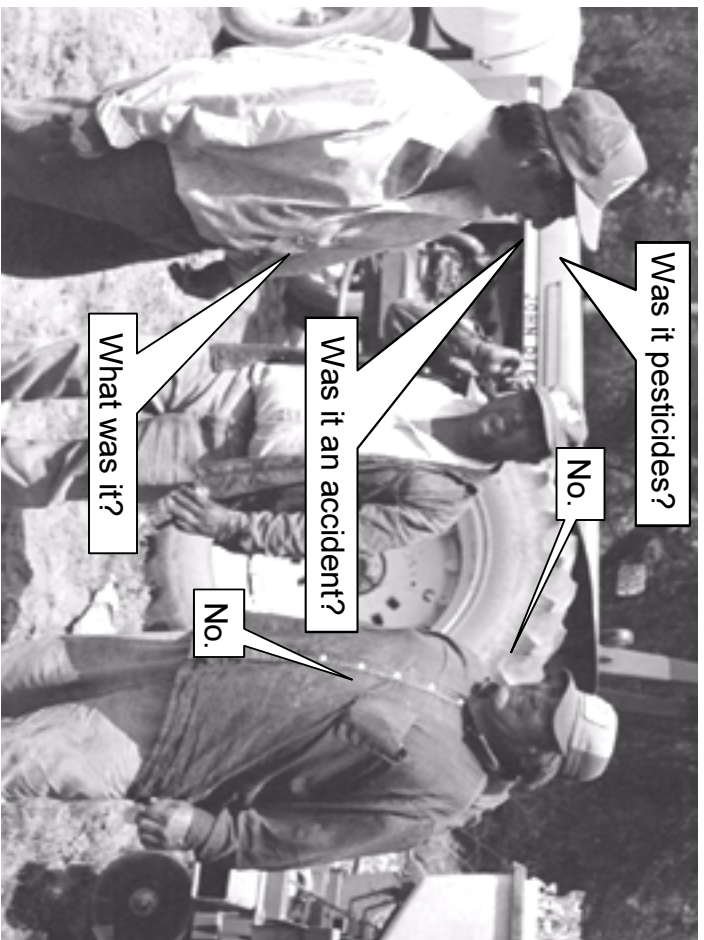
Oh, you didn't hear what
happened to Miguel?

No, what
happened?

Miguel got sick last
year. He can't work in
the fields anymore. He
stayed at home with his
family this year.



Miguel and his wife, Rosa,
before Miguel got sick.



Was it pesticides?

No.

Was it an accident?

No.

What was it?



Let me tell you the story of what happened to Miguel. It is something that could happen to any one of us, even someone with lots of farming experience.

The late symptoms of heat stroke are:

Lack of sweating

Vomiting

High body temperature



Loss of consciousness

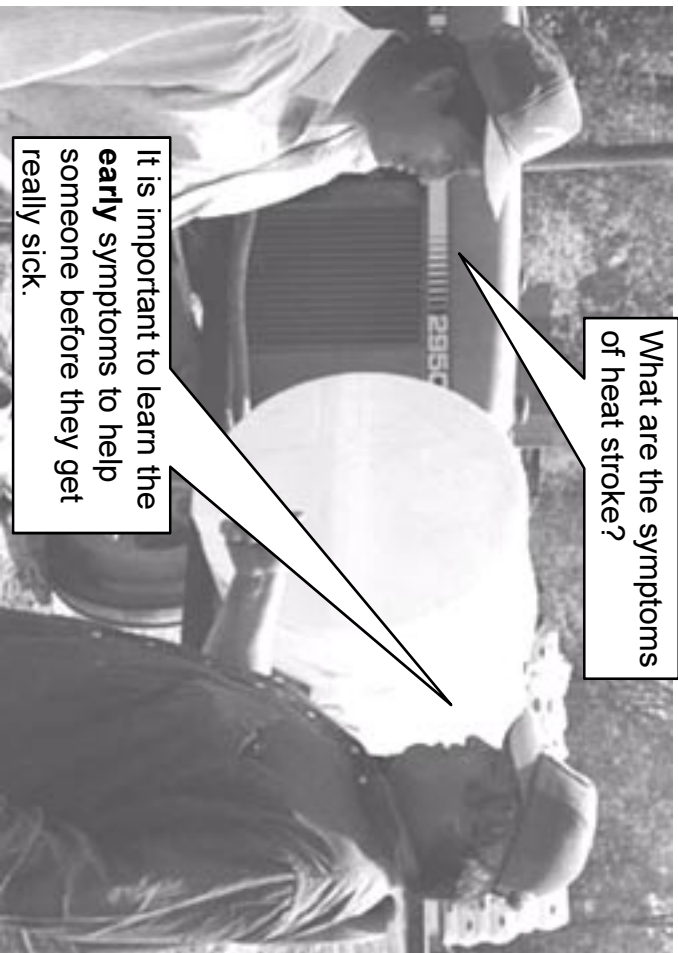
Dry and hot skin

If a worker has these symptoms, you need to help him immediately. Send someone to call 911. Loosen the sick person's clothing and cool him off with wet cloths and by fanning. If he is conscious, give him water. Stay with him until help arrives. If you don't get help right away, he can die.

Breathing fast

Confusion

Heat stroke is a serious emergency. Don't wait to get help. A person can have brain damage or even die if help doesn't come fast.



What are the symptoms of heat stroke?

It is important to learn the **early** symptoms to help someone before they get really sick.



The **early** symptoms are:

Thirst

Leg or stomach cramps

Heavy sweating

Headache

Nausea

Weakness

Dizziness

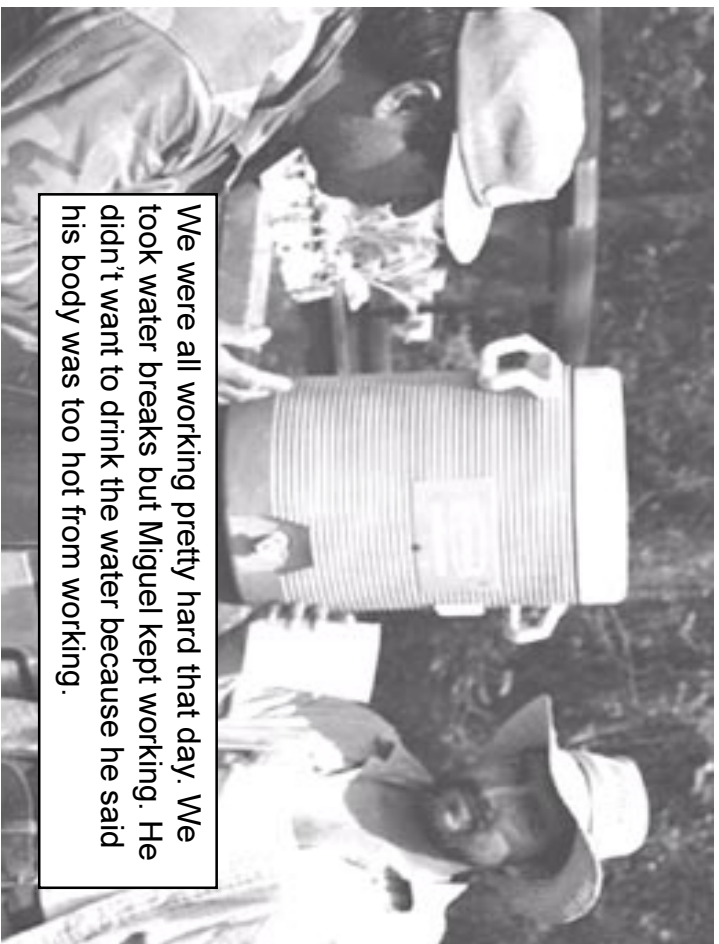
If you or another farmworker have some of these symptoms, you should rest in the shade, cool off, and drink lots of water. If you don't feel better soon then call **911** and get help!!!



It was a very hot day during the harvest, and we were working in the fields.....



Miguel wasn't drinking much water, and he was wearing dark, heavy clothing. He had been drinking beer over the weekend, and because of that he was tired and thirsty when we started work.



We were all working pretty hard that day. We took water breaks but Miguel kept working. He didn't want to drink the water because he said his body was too hot from working.

After a while, Miguel looked sick. His skin looked hot but he wasn't really sweating. He seemed confused.

Miguel, are you okay?

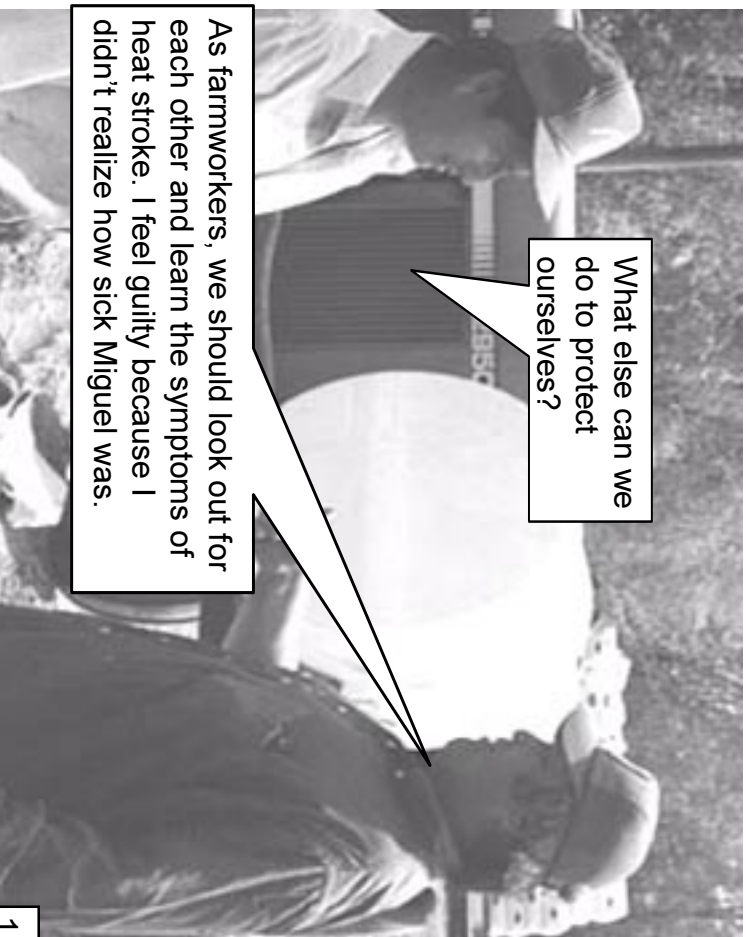
Yeah, I'm okay, just a bit tired. Maybe it's the tobacco or something.



It is also a good idea to wear a hat and loose, light-colored clothing to protect you from the sun and pesticides.



Drink water before you get thirsty. By the time you are thirsty, you are already dehydrated - your body needs more water.



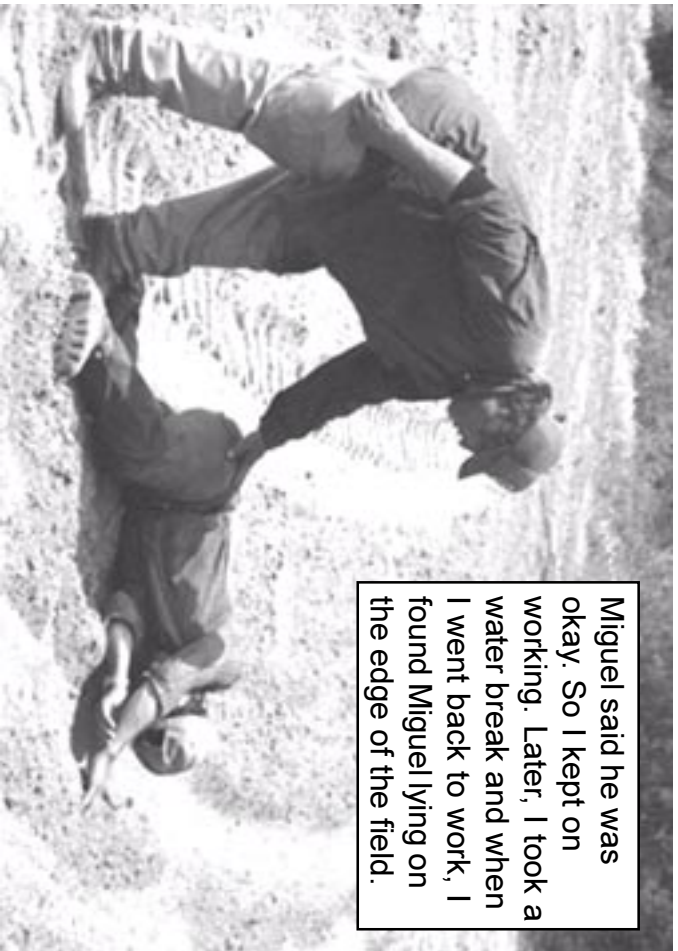
What else can we do to protect ourselves?

As farmworkers, we should look out for each other and learn the symptoms of heat stroke. I feel guilty because I didn't realize how sick Miguel was.



Poor Miguel, what could he have done to avoid getting sick?

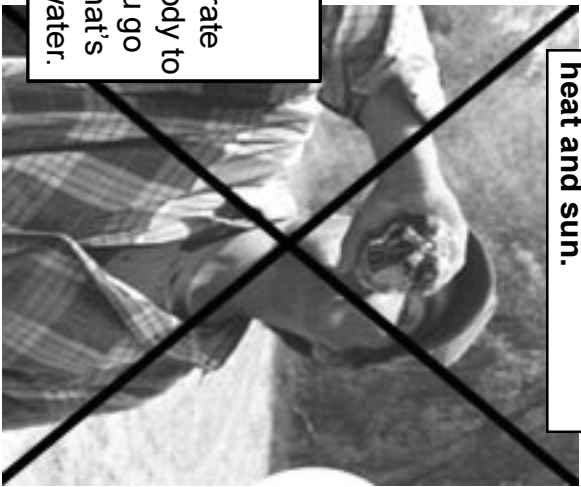
Well, the most important thing is to take water breaks all day long. You should drink **2-3 gallons** of water while working, even if you think the water is too cold.



Miguel said he was okay. So I kept on working. Later, I took a water break and when I went back to work, I found Miguel lying on the edge of the field.



Alcohol and drinks with caffeine, like coffee and some sodas, can dehydrate you. They cause your body to lose liquid by making you go to the bathroom a lot. That's why it's better to drink water.



Do not drink alcohol or sodas with caffeine while working in the heat and sun.



Help!

Miguel was unconscious and breathing really fast, so I yelled for the other workers to come help.

We sent another farmworker to go tell the farmer and to call 911.





We put Miguel in the shade.

We loosened his clothing and took off his boots. We put wet cloths on his forehead, neck, and underarms. Then we fanned him until the ambulance got there.



The ambulance took Miguel to the hospital. After a few weeks in the hospital, Miguel returned to Mexico.



I don't want to get sick like Miguel.

What was it? What made Miguel so sick that he can't work anymore?

The sun and heat caused heat stroke!!!



I didn't know the sun and heat were so dangerous.

Anyone can get sick from heat stroke. Even worse, you can die from it. **But there are ways we can protect ourselves.** We need to be extra careful when we work in the sun and humidity.